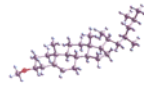


“The Cholesterol Myths”

**The
Cholesterol Myths**
EXPOSING THE FALLACIES
THAT SATURATED FAT AND CHOLESTEROL
CAUSE HEART DISEASE



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‘The diet-heart idea is the greatest scientific deception of [the 20th] century, perhaps of any century.’
-George Mann, M.D.

Synopsis:

In a book that goes against everything we have ever been told about fat and heart disease, Dr. Ravnskov builds a bullet-proof argument that debunks 9 Myths about high-fat diets, cholesterol and heart disease:

Myth 1: High-fat foods cause heart disease

This 50 year-old myth is based on Dr. Ancel Keys’ 1953 flawed “Seven Countries study” (p. 18). When Dr. Ravnskov includes 15 more nations in the data (p. 19), this myth goes out the window.

Myth 2: High cholesterol causes heart disease

Dr. R exposes the data manipulation of the study responsible for this myth, The MRFIT trial (p. 50), by showing a difference in heart attacks between the lowest and highest cholesterol groups to be only 1%.

Myth 3: High-fat foods raise blood cholesterol

Following in the steps he took to debunk Myth #1, Dr. R adds more countries to Dr. Keys’ diagrams (populations consuming double the animal fat of the average American) to disprove this myth (p. 100).

Myth 4: Cholesterol blocks arteries

Dr. R shows The Framingham Study, the benchmark diet-heart study funded with millions of taxpayer dollars, produced a “desperately weak relationship” between cholesterol and heart disease (p. 123).

Myth 5: Animal studies prove the diet-heart idea that cholesterol causes heart disease

Simply put: *‘Using cholesterol-rich fodder, it is possible to induce arterial changes...in rhesus monkeys but not baboons. How do we know whether man reacts like a rhesus monkey or a baboon?’* (p. 137)

Myth 6: Lowering your cholesterol will lengthen your life

Dr. R analyzes studies (WHO trial (p.153), MRFIT (p.161), LRC (p.166)) along with the ineffectiveness of the million dollar statin industry (p.200) in either lowering cholesterol or prolonging life.

Myth 7: Polyunsaturated oils are good for you

Proving that “oxygen is dangerous” (p. 228) when too many polyunsaturated fats are around, Dr. R shows that it’s not cholesterol but OXIDIZED cholesterol (p. 232) that shortens life (p.231).

Myth 8: The Cholesterol campaign is based on good science

Although he has sufficiently disproven this fallacious statement, Dr. R goes over another 9 “proofs” and 9 “preposterous” recommendations put forth by the diet-heart proponents to prevent heart disease.

Myth 9: All scientists support the diet heart idea

Dr. R highlights 9 individuals who have spoken out in regards to the blatant misinformation being fed the public about cholesterol and heart disease. But with so much money invested by the government in trying to prove cholesterol causes heart disease, it’s tough to find those willing to tell us the truth.

Overall Impression:

This is a book to be read 2, 3, even 4 times because of the wealth of information provided by Dr. Ravnskov. Is he right? I believe so, but you’d be best served by following the advice he gives in his epilogue:

‘If you want to know something you must look at all the premises yourself, listen to all the arguments yourself, and then decide for yourself what seems to be the most likely answer.’